

New Orleans Louisiana Neuroendocrine Tumor Specialists NOLANETS



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Below is the recommended PPI taper used at NOLANETS. Be sure to consult with your healthcare professional prior to altering your medication.

Proton pump inhibitor (PPI) use increases circulating gastrin which in turn increases the amount of acid in the stomach. The increase in gastrin also stimulates the enterochromaffin like cells of the stomach to produce Chromogranin A (a marker for neuroendocrine tumors). Pancreastatin is not increased with PPI use.

In order to obtain valid test results you will need to stop using PPIs. However, you should not stop taking PPIs suddenly, but rather taper off usage by replacing you PPI with a H2-blocker such as Pepcid (famotidine) or Zantac (ranitidine) which can be purchased over the counter from your local pharmacy.

You can choose to take Pepcid 10mg twice daily or Zantac 150mg twice daily to replace your current PPI.

- To begin tapering, alternate either Pepcid 10mg twice daily or Zantac 150mg twice daily, with your current PPI every other day for 2 weeks.
- Then alternate every 3rd day for 2 weeks
- Then alternate every 4th day for 2 weeks
- Then alternate every 5th day for 2 weeks
- Then alternate every 6th day for 2 weeks
- Continue taking the H2-blocker daily until instructed to stop taking it

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	PPI	H2	PPI	H2	PPI	H2	PPI
Week 2	H2	PPI	H2	PPI	H2	PPI	H2
Week 3	H2	PPI	H2	H2	PPI	H2	H2
Week 4	PPI	H2	H2	PPI	H2	H2	PPI
Week 5	H2	H2	H2	PPI	H2	H2	H2
Week 6	PPI	H2	H2	H2	PPI	H2	H2
Week 7	H2	H2	PPI	H2	H2	H2	H2
Week 8	PPI	H2	H2	H2	H2	PPI	H2
Week 9	H2	H2	H2	H2	PPI	H2	H2
Week 10	H2	H2	H2	PPI	H2	H2	H2
Week 11	H2	H2	H2	H2	H2	H2	H2
Week 12	H2	H2	H2	H2	H2	H2	H2